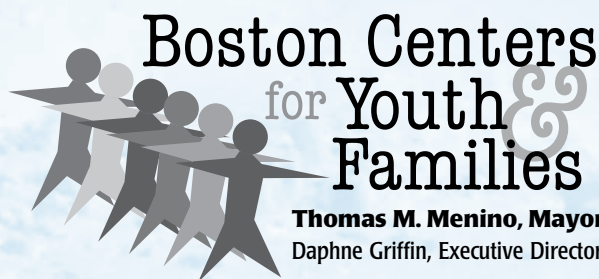


# West Roxbury Community Centers

*Winter/Spring 2011*



**Thomas M. Menino, Mayor**  
Daphne Griffin, Executive Director

# Who We Are

The West Roxbury Community Centers, comprised of the Roche Family Community Center and Draper Pool is a not-for-profit community based organization for the residents of our community.

Governed by the West Roxbury Community Centers Council and in partnership with the Boston Centers for Youth & Families, the Center's continued mission is to reach all residents of its community and provide quality arts, character, education, and sports programs.

In January 2006, the West Roxbury Community Centers and Facility Management Corporation reopened the Jim Roche Community Ice Arena a Massachusetts Department of Conservation and Recreation Skating Rink. The Roche Arena provides high quality, affordable skating programming for all ages and abilities within the community.

## Winter /Spring Schedule Highlights

January 8	Registration for City of Boston residents only 9:00am-12:00pm at the back entrance
January 12	Registration begins for non-residents @ 9 am
January 18	Session 1 begins
January 19	Small Wonders Lottery Selection for 2010-2011
March 16	St. Patrick's Day Luncheon for Seniors
March 21	Session 2 begins
April 4	WRCC Scholarship Applications Available to all graduating seniors from the West Roxbury/Roslindale area
April 2	Registration for Summer Camps and Swim Lessons Begins 9:00am-12:00pm at the back entrance
May 4	Mother's Day Luncheon for Seniors
May 13 & 14	WRCC Players "HONK! " at WREC

## West Roxbury Community Center Council

West Roxbury Community Centers Council is a not for profit 501(c)3 . Our members raise funds for the programs at the site. Interested in joining our board? Join us on the 4th Thursday of each month at 7pm. We welcome your thoughts.

### Membership at WRCC

#### **How to become a Member**

To become a member of the West Roxbury Community Centers, simply come to either location and pay the annual membership fee, membership is renewable each September.

#### Membership Privileges

This brochure details programs offered for the 2011 Winter/Spring sessions. Most activities have a small tuition. Free activities and privileges are offered for community members of all ages.

Membership	City of Boston Residents	Non-residents
Family	\$40	\$80
Individual	\$25	\$50
Senior (55+)	\$10	\$20
Teen (12 - 18 years)	\$5	\$10

## **Registration**

Register for programs at our 1716 Centre Street location during our regular business hours. Registration for our Winter/Spring 2011 programs begins on Sunday, January 9th at 9am for **City of Boston residents ONLY**. Proof of residency may be required at time of registration. Registration for Non-residents will begin on Thursday, January 13th at 9am. **One registration per family/member on January 9th.** Unless otherwise stated in the program description, WRCC membership is required. Please call 635-5066 with questions on membership or programs. The Center reserves the right to cancel programs due to insufficient registration. **Registration by mail will not be accepted.** Enrollment in the Session 1 does not guarantee enrollment in Session 2. Members may register for both sessions at time of registration. Space is limited for all classes. **Due to the popularity of the Toddler Time and Sticky Fingers classes, members may only register for 1 class per week, per session.**

## **Registration Policy**

1. Memberships are non-refundable.
2. There are no refunds given after registration is taken for a program.
3. If the program you register for is cancelled, or if there is a Center-initiated schedule change, we will refund your full tuition.

## **Roche Family Community Center**

**A George Robert White Trust Facility**  
**1716 Centre Street • (617) 635-5066**

Parking in the rear of the building is limited to marked spaces only. Any vehicles parked illegally in the lot or in the driveway will be towed at the owner's expense.

### **Hours of Operation**

Monday – Friday 8:00 am – 9:00 pm  
Saturday 9:00 am – 5:00pm

### **Fitness Center**

Monday – Friday 8:00 am – 8:00 pm  
Saturday 9:00 am – 4:00 pm

## **The “Teen Center on Centre”**

**Grades 6- up**

### **Drop In**

Mondays 3-6 pm  
Tuesdays & Thursdays 2:30-4:30 pm  
Fridays 5-8:30pm

**Mondays Co-ed OPEN GYM 3pm - 5pm Ages 12-16 only**  
**Open Gym Schedule- Tues, Wed, and Thurs. 2 p.m.-4 p.m.**

## **Draper Pool**

**5279 Washington Street • (617) 635-5021**

Parking available on street.

### **Hours of Operation**

Monday-Friday 6:00am – 8:00pm

For information on classes and daily schedule call (617)635-5021.

## **Jim Roche Community Ice Arena**

**1275 VFW Parkway • (617) 323-9512**

Parking available in lot next to the arena.

## **Public Skating**

Monday – Friday @ 12noon – 1:50pm

Friday evenings @ 8:00pm – 9:50pm with DJ

Saturday afternoons @ 2:00pm – 3:50pm

Sunday afternoons @ 2:00pm – 3:50pm

\$5.00 admission – all ages / \$4.00 rental skates

Schedules available at arena, online @ [www.fmcicesports.com](http://www.fmcicesports.com) or call

888-64-RINKS

## **Senior Skate**

Wednesdays @ 11:00am – 11:50am

Free admission for seniors ages 65 & up.

## **2011 Holidays**

West Roxbury Community Centers (Roche Centre, Draper Pool and West Roxbury Community Center at the West Roxbury Education Complex) will be closed in observance of the following holidays:

New Years Day Jan 1

Evacuation Day March 17

Bunker Hill Day June 17

M.L. King Jr. Birthday Jan 17

Patriots Day April 18

Independence Day July 4

Presidents Day Feb 21

Memorial Day May 30

**Classes scheduled on a holiday or Boston Public School snow day will be cancelled for the day and will not be made up. The Rink schedule does not apply.**

# Preschool Programs

## Toddler Time

### Tuition: \$30 per seven week session

This parent and child class is teacher directed with activities such as tumbling, obstacle courses and rhythmic activities appropriate for your toddler's development. Due to the popularity of this class, members may only register for 1 class per week.

### Session 1 begins the week of January 18, 2011

Code	Session	Age	Day	Time
TT1	1	Crawling – 1.5	Tuesday	9:00–9:45am
TT2	1	Crawling – 1.5	Wednesday	9:00–9:45am
TT3	1	Crawling – 1.5	Thursday	9:00–9:45am
TT4	1	1.5- 2.5	Tuesday	9:45–10:30am
TT5	1	1.5- 2.5	Wednesday	9:45–10:30am
TT6	1	1.5- 2.5	Thursday	9:45–10:30am
TT7	1	2.5- 3	Tuesday	10:30–11:15am
TT8	1	2.5- 3	Wednesday	10:30–11:15am
TT9	1	2.5- 3	Thursday	10:30–11:15am

### Session 2 begins the week of March 21, 2011

Code	Session	Age	Day	Time
TT10	2	Crawling – 1.5	Tuesday	9:00–9:45am
TT11	2	Crawling – 1.5	Wednesday	9:00–9:45am
TT12	2	Crawling – 1.5	Thursday	9:00–9:45am
TT13	2	1.5- 2.5	Tuesday	9:45–10:30am
TT14	2	1.5- 2.5	Wednesday	9:45–10:30am
TT15	2	1.5- 2.5	Thursday	9:45–10:30am
TT16	2	2.5- 3	Tuesday	10:30–11:15am
TT17	2	2.5- 3	Wednesday	10:30–11:15am
TT18	2	2.5- 3	Thursday	10:30–11:15am

**Instructor: Kathy Davis**

## Sticky Fingers

### Tuition: \$30 per seven week session

This parent interactive class with your child will get you messy with your child. Due to the popularity of this class, members may only register for 1 class per week. **Limit 10 per class.**

### Session 1 begins the week of January 18, 2011

Code	Session	Age	Day	Time
SF1	1	18 months – 2.5	Tuesday	9:00–9:45am
SF2	1	18 months – 2.5	Wednesday	9:00–9:45am
SF3	1	18 months – 2.5	Thursday	9:00–9:45am
SF4	1	2.5-3.5	Tuesday	9:45–10:30am
SF5	1	2.5-3.5	Tuesday	10:30–11:15am
SF6	1	2.5-3.5	Wednesday	9:45–10:30am
SF7	1	2.5-3.5	Wednesday	10:30–11:15am
SF8	1	2.5-3.5	Thursday	9:45–10:30am
SF9	1	2.5-3.5	Thursday	10:30–11:15am

### Session 2 begins the week of March 21, 2011

Code	Session	Age	Day	Time
SF10	2	18 months – 2.5	Tuesday	9:00–9:45am
SF11	2	18 months – 2.5	Wednesday	9:00–9:45am
SF12	2	18 months – 2.5	Thursday	9:00–9:45am
SF13	2	2.5-3.5	Tuesday	9:45–10:30am
SF14	2	2.5-3.5	Tuesday	10:30–11:15am
SF15	2	2.5-3.5	Wednesday	9:45–10:30am
SF16	2	2.5-3.5	Wednesday	10:30–11:15am
SF17	2	2.5-3.5	Thursday	9:45–10:30am
SF18	2	2.5-3.5	Thursday	10:30–11:15am

**Instructor: Donna Mattimoe**

## Sports, Games & More...

### Tuition: \$30 per session

This fun filled class for your preschooler will engage him/her in various activities including organized sports, free play and simple physical activities for motor development/coordination. Participants must be able to separate from parents and follow directions.

#### Session 1 begins the week of January 18, 2011

Code	Session	Age	Day	Time
SG1	1	3	Monday	9:30–10:15 am
SG2	1	3	Monday	10:15–11:00 am
SG3	1	4-5	Monday	1:15 - 2:00 pm
SG4	1	3	Friday	9:30 - 10:15 am
SG5	1	3	Friday	10:15–11:00 am

#### Session 2 begins the week of March 21, 2011

Code	Session	Age	Day	Time
SG6	2	3	Monday	9:30–10:15 am
SG7	2	3	Monday	10:15–11:00 am
SG8	2	4-5	Monday	1:15 - 2:00 pm
SG9	2	3	Friday	9:30 - 10:15 am
SG10	2	3	Friday	10:15–11:00 am

**Instructor: Joan Kennedy**

## Creative Movement and Dance

### Tuition: \$30 per session

Preschoolers love to move! This class will include interactive songs and dance, movement games and stories, and basic locomotive skills such as skipping, hopping and galloping. No special attire is necessary. **Participant must be able to separate from parents & follow instructions.**

#### Session 1 begins January 24, 2011

Code	Session	Age	Day	Time
CD1	1	3-5	Monday	9:30–10:15 am
CD2	1	3-5	Monday	10:15–11:00 am

#### Session 2 begins March 21, 2011

Code	Session	Age	Day	Time
CD3	2	3-5	Monday	9:30–10:15 am
CD4	2	3-5	Monday	10:15–11:00 am

**Instructor: Valerie Maio**

## Story Time & Crafts

### Tuition: \$30 per seven week session

This language based program will assist 3 & 4 year olds with the following skills: listening skills, sequencing, and self-expression. A simple craft will be made which ties into the story theme.

**Limit 10 per class.**

#### Session 1 begins January 20, 2011

Code	Session	Age	Day	Time
STC1	1	3&4	Thursday	1:15–2:00pm

#### Session 2 begins March 24, 2011

Code	Session	Age	Day	Time
STC2	2	3&4	Thursday	1:15–2:00pm

**Instructor: Kathy Davis**

## Baby Signs-Rumble Tumble Tummy Time

### Tuition: \$30 per seven week session

Come learn how to make tummy time fun for your baby through engaging songs and activities in a play-class setting. At the same time, your On the Grow Educator will provide valuable parenting strategies to help you make the most of this important stage of development. Available as a single class or series depending on your location.

#### Session 2 begins March 26, 2011

Code	Session	Ages	Day	Time
BS4	2	2 months - 6 months	Saturday	10:45–11:30am

**Instructor: Suzanne N. Cort**

## Baby Signs-Sign, Say & Play

### Tuition: \$30 per seven week session

This 7-week play class for parents and their babies highlights signs that are most important in the lives of babies, teaches signing through fun games with BeeBo™ the Baby Signs® Bear, provides signing practice through delightful Baby Signs® songs, introduces play activities that reinforce important language, cognitive and social-emotional skills, and brings families together to share their signing experiences.

Designed for parents and children ages 6 months to 2 years.

### Session 2 begins March 26, 2011

Code	Session	Ages	Day	Time
BS2	2	6 m - 2 yr	Saturday	10:00-10:45am

Instructor: Suzanne N. Cort

## Youth Programs

### Pee Wee Basketball

#### Tuition: \$25 per seven week session

This class enables participants to practice basic drills and increase their ability through repetition. No games, just skill building. **All participants must wear appropriate athletic attire for class.**

#### Session 1 begins the week of January 18, 2011

Code	Session	Ages	Day	Time
PWB1	1	5-6	Tuesday	4:00-4:45pm
PWB2	1	5-6	Wednesday	4:45-5:30pm
PWB3	1	7-8	Tuesday	4:45-5:30pm
PWB4	1	7-8	Wednesday	4:00-4:45pm

#### Session 2 begins the week of March 22, 2011

Code	Session	Ages	Day	Time
PWB5	2	5-6	Tuesday	4:00-4:45pm
PWB6	2	5-6	Wednesday	4:45-5:30pm
PWB7	2	7-8	Tuesday	4:45-5:30pm
PWB8	2	7-8	Wednesday	4:00-4:45pm

### Wide World of Sports

#### Tuition: \$25 per seven week session

Participate in a variety of recreational sports including floor hockey, whiffleball, soccer, basketball and more!

#### Session 1 begins the week of January 21, 2011

Code	Session	Ages	Day	Time
WW1	1	6-8	Friday	3:30-4:15pm
WW2	1	6-8	Friday	4:15-5:00pm

#### Session 2 begins March 25, 2011

Code	Session	Ages	Day	Time
WW3	2	6-8	Friday	3:30-4:15pm
WW4	2	6-8	Friday	4:15-5:00pm

### Instructional Tennis

#### Tuition: \$30

WRCC Athletics is introducing tennis! Learn the fundamentals and build skills during mini tennis matches!

#### Session 1 begins January 20, 2011

Code	Session	Ages	Day	Time
TEN1	1	8-10	Thursday	4:00-4:45pm

#### Session 2 begins March 24, 2011

Code	Session	Ages	Day	Time
TEN2	2	8-10	Thursday	4:00-4:45pm

### Youth Boot Camp

#### Tuition: \$40 per seven week session

Shape your body AND mind! Set personal goals and work hard to achieve them. This co-ed class will help you learn how to make healthy decisions and incorporate lessons on nutrition, health & wellness. We will introduce hiking, swimming, running, calisthenics, yoga, strength training & more!

#### Session 1 begins the week of January 20, 2011

Code	Session	Ages	Day	Time
YBC1	1	10+	Thursday	3:30-5:00pm

#### Session 2 begins March 24, 2011

Code	Session	Ages	Day	Time
YBC2	2	10+	Thursday	3:30-5:00pm

## Youth Karate

### Tuition: \$40 per seven week session

This entry level Karate class is an excellent tool for your child to build self-confidence, learn discipline, and improve coordination in a safe fun-filled environment. **Limit 15 per class**

### Session 1 begins January 20, 2011

Code	Session	Ages	Day	Time
YK1	1	4-8	Wednesday	5:15 - 6:00pm

### Session 2 begins March 24, 2011

Code	Session	Ages	Day	Time
YK2	2	4-8	Wednesday	5:15 - 6:00pm

**Instructor: Ari Cassarino**

## Beginner Guitar Class

### Tuition: \$100 per session

Learn to play guitar! This group lesson will teach you how to tune and care for your acoustic guitar, how to play chords, read guitar tablature, and strum songs by yourself and with others. Bring your acoustic guitar (no electrics, please) and we'll provide the rest. **Limit 10**

### 14 week session begins Monday, January 24, 2011

Code	Session	Ages	Day	Time
BGC1	1	9-16	Monday	6pm-7pm

**Instructor: Brian Campell**

## Guitar Class Level 2

### Tuition: \$100 per session

Participants are expected to know how to tune and form most open chords before registering for this class. This 14 week session will focus on open chord changes, bar chords, and ear-training. Participants must own working guitar, tuner, picks etc. **Limit 10**

### 14 week session begins Wednesday, January 19, 2011

Code	Session	Ages	Day	Time
GCL2	1	9-16	Wednesday	6pm-7pm

**Instructor: Brian Campell**

## Art Projects that are NEW & COOL

### Tuition: \$60 per seven week session

This class will explore unusual techniques using unique and exciting materials. Each week young artists will create a new project. We will use clay, create sculptures, paint and create collages. Each artist's creativity will be encouraged and celebrated!

### Session 1 begins January 18, 2011

Code	Session	Ages	Day	Time
CRAFT1	1	5-6	Tuesday	3:45-4:30pm
CRAFT2	1	7-12	Tuesday	4:45-5:30pm

### Session 2 begins March 22, 2011

Code	Session	Ages	Day	Time
CRAFT3	2	5-6	Tuesday	3:45-4:30pm
CRAFT4	2	7-12	Tuesday	4:45-5:30pm

**Instructor: Joanne Clamage**

## Pee Wee Drama

### Tuition: \$30 per seven week session

In this lively 45 minute class the younger set will put their dramatic talents to work. We'll act out old and new stories and make up a few of our own! Classes will encourage listening, control, cooperation, and using the imagination. But most of all it's FUN!!

### Session 1 begins January 21, 2011

Code	Session	Ages	Day	Time
PWD1	1	4-6	Friday	3:30-4:15pm
PWD2	1	6-8	Friday	4:15-5:00pm

### Session 2 begins March 25, 2011

Code	Session	Ages	Day	Time
PWD3	2	4-6	Thursday	3:30-4:15pm
PWD4	2	4-6	Friday	3:30-4:15pm
PWD5	2	6-8	Friday	4:15-5:00pm

**Instructor: Bill Jacob**

**\*Children ages 4-7 who wish to participate in the play in the spring must either have been in the play before or have taken a Pee Wee Drama class within the last two years**



## Pretzel Kids® Yoga

**Tuition: \$60 per seven week session**

Pretzel Kids®' proven curriculum and amazingly fun yoga program incorporates traditional Hatha yoga postures with imaginative yoga games and relaxation techniques. Children laugh, learn, exercise, breathe and relax.

**Session 1 begins January 2011**

Code	Session	Ages	Day	Time
PK1	1	4-7	Monday	4:30-5:30pm
PK2	1	8-12	Monday	5:30-6:30pm

**Session 2 begins March 2011**

Code	Session	Ages	Day	Time
PK3	2	4-7	Monday	4:30-5:30pm
PK4	2	8-12	Monday	5:30-6:30pm

**Instructor: Becky Ebling, certified Pretzel Kids® instructor**

## Act it Out!

**Tuition: \$30 per seven week session**

Explore the creative process through movement activities, improvisation and dramatization. Develop self-expression and communication skills.

**Session 1 begins January 21, 2011**

Code	Session	Ages	Day	Time
AO1	1	9 & up	Friday	5:00-5:45pm

**Session 2 begins March 25, 2011**

Code	Session	Ages	Day	Time
AO2	2	9 & up	Friday	5:00-5:45pm

**Instructor: Bill Jacob**

## WRCC Players 2011 Production "Honk! Jr."

### WRCC Players

**Ages 8 and up**

**Tuition: \$65**

Be a part of our theatre ensemble. This year's production is **"HONK! Jr."** After registering, **you must** call the Roche Center for an **audition appointment**.

**Auditions** will be held on Friday, February 4th from 6pm-8pm at the Roche Center. You will be asked to sing a short selection from the play that we will teach you. If you are needed for Call Backs you will be notified by 9pm that evening.

**Call Backs** will be held at the Roche Center on the following Saturday, February 5th from 1:00pm-4:45pm.

**Read through:** Friday, Feb 25th @ Roche Center 6pm-8pm

**1st Rehearsal: Saturday, March 19th, at WREC Auditorium 10am-2:00pm**

**Rehearsals:** Mondays & Wednesdays 5pm-7:30pm / Some Saturdays 10am-2pm

**Performances:** Friday, May 13<sup>th</sup> at 7pm at the WREC Auditorium  
Saturday, May 14th at 2pm at the WREC Auditorium

### Pee Wee Players

**Ages 4-7 years**

**Tuition: \$65**

Here's a chance for younger stars to experience being in a real play. They will participate in small chorus and walk on roles in the WRCC Players production of **"HONK! Jr."**

**PLEASE NOTE:** Children ages 4 - 7 who wish to participate in the Pee Wee Players in the spring must either have been in WRCC productions before or have taken a Pee Wee Drama class within the last two years.

**Audition:** Thursday, February 10th 4:30-5:30 pm at the Roche Center. Parents should attend for information and hand-outs.

**1st Rehearsal: Saturday, March 26th, at WREC Auditorium 12pm-2:00pm**

**Rehearsals:** Wednesdays 5pm-7:30pm / Some Saturdays 12pm-2pm

**Performances:** Friday, May 13<sup>th</sup> at 7pm at the WREC Auditorium  
Saturday, May 14th at 2pm at the WREC Auditorium



# The "TEEN CENTER ON CENTRE"

**Grades 6- up**

WRCC's Teen Center on Centre is for youth in Grades 6 and up. Our Youth Workers are eager to meet and work with the teens of the Parkway area. Included in the yearly membership fee is our drop-in center where teens can use the computers and do some homework. If you have any questions or suggestions for programming they are welcomed. Please feel free to contact Courtney at [courtney.losi@cityofboston.gov](mailto:courtney.losi@cityofboston.gov) or Tracy at [tracy.fermino@cityofboston.gov](mailto:tracy.fermino@cityofboston.gov).

## \*New\* Cooking Club

**Grades 6-Up**

**Tuition: \$50 per seven week session**

New twist on our old favorite! We will be creating new dishes in our kitchen. Session 1 will focus on comfort foods and Session 2 we will experience the joys of baking. All recipes will be user friendly and will teach the teens to cook on their own. **Limit 8 per class.**

**Session 1 begins January 19, 2011**

Code	Session	Grades	Day	Time
COOK1	1	6&up	Wednesday	4:00-5:00pm

**Session 2 begins March 23, 2011**

Code	Session	Grades	Day	Time
COOK2	2	6&up	Wednesday	4:00-5:00pm

**Instructors: Courtney Losi & Tracy Fermino**

## Girl's Night Out

Just for girls-A night of fun with manicures, pedicures, then back to the TCOC for a pizza and girl talk.

Code	Trip	Grades	Day/Date/Time	Cost
GN1	Salon	6&up	4/08/11 Fri. 4pm	\$30 plus \$ tip for manicurist

## Girl's Night Out

Just for girls-A night of shopping and fun at Legacy Place.

Code	Trip	Grades	Day/Date/Time	Cost
GN2	Legacy Place	6&up	2/11/11 Fri. 4pm	\$5

## Boy's Board Game Night

Come to the TCOC to hang with friends, play some board games, and have a good time!!! Pizza & soda provided.

Code	Grades	Day/Date/Time	Cost
BN1	6&up	5/13/11 Fri. 5pm	\$5

## Teen Walking Club

When the weather gets warmer, let's get moving! Let's put on our sneakers and explore Centre Street, Jamaica Pond, Arnold Arboretum and Millennium Park.

**Tuesday 4-5 pm**

**Call Courtney or Tracy for start date 617-635-5066**

## Teen Dinner Club

**Grades 6-Up**

**Tuition: varies by restaurant**

Join us the third Friday of the month for dinner, socializing and laughs. The WRCC staff will take you out for dinner to a different restaurant each month. Let's try new food while making friends and visiting with old friends. Slots are limited so pre-registration is required. Email for more info!

Code	Date	Grade	Cost
TDC1	1/21/2011	6 - up	varies
TDC2	2/18/2011	6 - up	varies
TDC3	4/15/2011	6 - up	varies
TDC4	5/20/2011	6 - up	varies

## 7th and 8th Grade Dance

**March 11th**

**7:30 - 10 pm in Roche Center Gym**

**Tickets \$10**

**Tickets go on sale March 8th at 6-8 pm\***

\*Tickets will be sold the next day if not sold out.

## 6th Grade Nights

### Tuition: \$5 per youth

Join us the first Friday of each month for a night just for 6<sup>th</sup> graders! Ping Pong tournaments, Guitar Hero, board games and more! While the older kids are at the dance let's have some fun of our own!! Pizza and soda provided. **Pre-registration required.**

Code	Date	Grade	Cost
6GN1	1/7/2011	6	\$5
6GN2	2/4/2011	6	\$5
6GN3	3/4/2011	6	\$5
6GN4	4/1/2011	6	\$5
6GN5	5/6/2011	6	\$5
6GN6	6/3/2011	6	\$5

## February and April Vacation Week Activities

February 22nd-25th/ April 19th- 22nd

Please check the West Roxbury PATCH for any news about ongoing programs at WRCC or email @ [Courtney.losi@cityofboston.gov](mailto:Courtney.losi@cityofboston.gov) to be added to our email list for updates!

Become a fan of West Roxbury Community Center on facebook.com for WRCC news.

# Adult Programs

## Morning Yoga

### Tuition: \$40 per seven week session

Beginning Hatha Yoga. Learn deep breathing techniques to enhance flexibility and help in relaxation. Basic standing postures taught to develop strength, balance and coordination. Floor work and a short meditation session will complete this morning session.

#### Session 1 begins January 20, 2011

Code	Session	Ages	Day	Time
MY1	1	Adult	Thursday	9:00-9:45am

#### Session 2 begins March 24, 2011

Code	Session	Ages	Day	Time
MY2	2	Adult	Thursday	9:00-9:45am

Instructor: JoAnn Arone

## Yoga For Adults

### Tuition: \$50 per session

Practice Hatha Yoga to exercise every part of your body and improve your health, suppleness and peace of mind. Each class will consist of a physical workout followed by relaxation and meditation.

#### Session 1 begins January 19, 2011

Code	Session	Ages	Day	Time
AY1	1	Adult	Monday	6:30-7:45pm
AY2	1	Adult	Wednesday	6:00-7:15pm

#### Session 2 begins March 21, 2011

Code	Session	Ages	Day	Time
AY3	2	Adult	Monday	6:30-7:45pm
AY4	2	Adult	Wednesday	6:00-7:15pm

#### Session 3 begins May 16, 2011

Code	Session	Ages	Day	Time
AY5	3	Adult	Monday	6:30-7:45pm
AY6	3	Adult	Wednesday	6:00-7:15pm

Instructor: Ines Hudson

## Zumba

### Tuition: \$50 per session

Zumba can best be described as international dance fitness. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

#### Session 1 begins January 19, 2011

Code	Session	Ages	Day	Time
ZUM1	1	Adult	Monday	8:00-9:00pm
ZUM2	1	Adult	Wednesday	7:30-8:30pm

**Session 2 begins the week of March 21, 2011**

Code	Session	Ages	Day	Time
ZUM3	2	Adult	Monday	8:00–9:00pm
ZUM4	2	Adult	Wednesday	7:30–8:30pm

**Instructor: MaryJane Johnston****Beginning Yoga for Adults****Tuition: \$50 per seven week session**

Stretch, strengthen, relax and improve your flexibility! Learn the basics of gentle, Kripalu-style yoga and breath work through clear and simple instruction- perfect for beginners, but open to any level of students who would like to broaden their foundation. Please bring your own yoga sticky mat and or a towel/blanket plus a bottle of water.

**Session 1 begins January 19, 2011**

Code	Session	Ages	Day	Time
YBA1	1	Adult	Tuesday	5:45–7:00pm
YBA2	1	Adult	Tuesday	7:15–8:30pm
YBA3	1	Adult	Thursday	7:15–8:30pm

**Session 2 begins March 22, 2011**

Code	Session	Ages	Day	Time
YBA4	2	Adult	Tuesday	5:45–7:00pm
YBA5	2	Adult	Tuesday	7:15–8:30pm
YBA6	2	Adult	Thursday	7:15–8:30pm

**Session 3 begins May 17, 2011**

Code	Session	Ages	Day	Time
YBA7	3	Adult	Tuesday	5:45–7:00pm
YBA8	3	Adult	Tuesday	7:15–8:30pm
YBA9	3	Adult	Thursday	7:15–8:30pm

**Instructor: Raven Sadhaka Seltzer****Knitting for Adults****Tuition: \$40 per seven week session**

Come learn how to knit and purl for beginners

**Session 1 begins January 19, 2011**

Code	Session	Ages	Day	Time
KN1	1	Adult	Tuesday	6:30-8:30 pm

**Session 2 begins March 22, 2011**

Code	Session	Ages	Day	Time
KN2	2	Adult	Tuesday	6:30-8:30 pm

**Instructor: Jean Shaw****"The Power of Parents: Healthier Middle and High School Youth" Workshop****Tuition: FREE**

Code	Date	Age	Day	Time
PW1	Jan. 20, 2011	Adult	Thursday	7:00-8:00pm
PW2	Feb. 5, 2011	Adult	Saturday	11am - Noon

The Massachusetts Department of Public Health, Bureau of Substance Abuse Services, in collaboration with the Tucker Brown Group, is offering a free workshop on how you can help to keep your children safer from alcohol and other drugs. Students from Harvard University Medical School will coach parents on how to talk to your children about this important topic. The workshop will show you the power you have as a parent, give you the steps to take to prevent middle and high school kids from using alcohol and other drugs. Offer time for questions. Provide free parent guides

The free booklets for parents will be available in many languages. Please join us to learn how to help keep your children safer from alcohol and other drugs!

# Senior Programs

**Line Dancing for Seniors**

Enjoy your next party or wedding to the fullest. Join us for line dancing instruction that includes oldies. Hully Gully, the Greek Dance, Amos Moses, Watermelon Crawl, Achy Breaky, Boot Scootin' Boogie and many more! Wear comfortable clothing and sneakers.

**(Registration not required.)****Every Monday 11:15-12:15pm****Instructor: Nancy DiDuca**

## Yoga for Seniors

**Tuition: \$40 per seven week session 2 days per week**

Chair exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques. Wear comfortable clothing.

**Session 1 begins January 18, 2011**

Code	Session	Ages	Day	Time
SY1	1	Senior	Tues&Thurs	10:15–11:15am
SY2	1	Senior	Tues&Thurs	11:15–12:15pm

**Session 2 begins March 22, 2011**

Code	Session	Ages	Day	Time
SY3	2	Senior	Tues&Thurs	10:15–11:15am
SY4	2	Senior	Tues&Thurs	11:15–12:15pm

**Instructor: JoAnn Arone**

## Yoga for Seniors

**Tuition: \$25 per seven week session 1 day per week**

Chair exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques. Wear comfortable clothing.

**Session 1 begins January 18, 2011**

Code	Session	Ages	Day	Time
SY5	1	Senior	Wednesday	2–3pm

**Session 2 begins March 22, 2011**

Code	Session	Ages	Day	Time
SY6	2	Senior	Wednesday	2–3pm

**Instructor: JoAnn Arone**

## Tai Chi for Seniors

**Tuition: \$25 per seven week session**

Learn ways to maximize your energy, balance, and stability with this gentle form of Tai Chi. Increase circulation and reduce stress. Challenge your brain to build new sensory patterns that promote health.

**Session 1 begins January 20, 2011**

Code	Session	Ages	Day	Time
TC1	1	Senior	Thursday	12:45–1:45pm

**Session 2 begins March 24, 2011**

Code	Session	Ages	Day	Time
TC2	2	Senior	Thursday	12:45–1:45pm

**Instructor: Kathleen Ahern**

## Men's Pinoche Group

Enjoy a game of pinochle and meet some new friends at our Pinochle group.

**Mondays and Wednesdays 11:00am**

## Bridge Group

Enjoy a game of bridge and meet some new friends at our Bridge group.

**Wednesdays 11:00am**

## Senior Book and Bagel Club

Join us on the 3<sup>rd</sup> Thursday of January at 11:30am for our first meeting of the New Year. We will discuss our book choices. Bring your own coffee and snack! The club will meet the 3<sup>rd</sup> Thursday of each month through June. For more information on book selections call the front desk at 635-5066.

## Café on Centre

A sense of community and friendship is vital to living a fulfilled, healthy life; and so is a hot meal. Ethos invites those aged 60 and older to come dine with friends, both old and new, at the Roche Family Community Center Café every Friday from 10:30am – 2:30pm. A donation of \$2.00 per meal is suggested, but not required. For a reservation and more information, call Ethos at (617) 522-6700.

## Special Wednesday Luncheons\*

**Tuition: \$5**

Lunch will be served at noon. Participants must register in person at the Roche Center. Space is limited.

- St. Patrick's Day Luncheon March 16th
- Mother's Day Luncheon May 4th

**\*Must be current member of WRCC to register for Special Wednesday Luncheons.**

## Foxwoods Trips

**Tuition: \$20**

Bus departs from the Roche Community Center promptly at 7:45am

Code	Date
FOX1	February 7
FOX2	April 4
FOX2	June 6

## DRAPER POOL PROGRAMS

### Preschool Swim Lessons

**Tuition: \$30 per seven week session**

Introduction to water. Parent child separation required.

**6 STUDENTS PER CLASS**

**Session 1 begins the week of January 18, 2011**

Code	Session	Ages	Day	Time
PSL1	1	3-5	Monday	4:00-4:30pm
PSL2	1	3-5	Wednesday	4:00-4:30pm
PSL3	1	3-5	Tuesday	11-11:30am
PSL4	1	3-5	Tuesday	11:30-12pm
PSL5	1	3-5	Thursday	11-11:30am
PSL6	1	3-5	Thursday	11:30-12pm
PSL7	1	3-5	Friday	4:00-4:30pm
PSL8	1	3-5	Friday	4:30-5:00pm

**Session 2 begins the week of March 21, 2011**

Code	Session	Ages	Day	Time
PSL9	2	3-5	Monday	4:00-4:30pm
PSL10	2	3-5	Wednesday	4:00-4:30pm
PSL11	2	3-5	Tuesday	11-11:30am
PSL12	2	3-5	Tuesday	11:30-12pm
PSL13	2	3-5	Thursday	11-11:30am
PSL14	2	3-5	Thursday	11:30-12pm
PSL15	2	3-5	Friday	4:00-4:30pm
PSL16	2	3-5	Friday	4:30-5:00pm

**Registration for Spring/Summer Swim Lessons will be held on April 2 at 9 am at the Roche Center**

**Session 3 begins the week of March 16, 2011**

Code	Session	Ages	Day	Time
PSL17	3	3-5	Monday	4:00-4:30pm
PSL18	3	3-5	Wednesday	4:00-4:30pm
PSL19	3	3-5	Tuesday	11-11:30am
PSL20	3	3-5	Tuesday	11:30-12pm
PSL21	3	3-5	Thursday	11-11:30am
PSL22	3	3-5	Thursday	11:30-12pm
PSL23	3	3-5	Friday	4:00-4:30pm
PSL24	3	3-5	Friday	4:30-5:00pm

**Session 4 begins the week of July 5, 2011**

Code	Session	Ages	Day	Time
PSL25	4	3-5	Monday	4:00-4:30pm
PSL26	4	3-5	Wednesday	4:00-4:30pm
PSL27	4	3-5	Tuesday	11-11:30am
PSL28	4	3-5	Tuesday	11:30-12pm
PSL29	4	3-5	Thursday	11-11:30am
PSL30	4	3-5	Thursday	11:30-12pm
PSL31	4	3-5	Friday	4:00-4:30pm
PSL32	4	3-5	Friday	4:30-5:00pm

Instructor will determine appropriate level for your child. Parents must wait in lobby during lessons.

### Beginner/Level 1 Swim Lessons

**Tuition: \$30 per seven week session**

Recommended for children ages 6 and up/first lesson.

**6 STUDENTS PER CLASS**

**Session 1 begins the week of January 18, 2011**

Code	Session	Ages	Day	Time
BSL1	1	6-8	Monday	4:30-5pm
BSL2	1	6-8	Wednesday	4:30-5pm

**Session 2 begins the week of March 21, 2011**

Code	Session	Ages	Day	Time
BSL3	2	6-8	Monday	4:30-5pm
BSL4	2	6-8	Wednesday	4:30-5pm

**Registration for Spring/Summer Swim Lessons will be held on April 2 at 9 am at the Roche Center**

**Session 3 begins the week of May 16, 2011**

Code	Session	Ages	Day	Time
BSL5	3	6-8	Monday	4:30-5pm
BSL6	3	6-8	Wednesday	4:30-5pm

**Session 4 begins the week of July 5, 2011**

Code	Session	Ages	Day	Time
BSL7	4	6-8	Monday	4:30-5pm
BSL8	4	6-8	Wednesday	4:30-5pm

Instructor will determine appropriate level for your child. Parents must wait in lobby during lessons.

## Intermediate/Level 2 Swim Lessons

**Tuition: \$30 per seven week session**

Child must demonstrate the ability to swim from shallow end to deep end without stopping.

**6 STUDENTS PER CLASS**

**Session 1 begins the week of January 18, 2011**

Code	Session	Ages	Day	Time
ISL1	1	9&up	Monday	5:00-5:30pm
ISL2	1	9&up	Wednesday	5:00-5:30pm

**Session 2 begins the week of March 21, 2011**

Code	Session	Ages	Day	Time
ISL3	2	9&up	Monday	5:00-5:30pm
ISL4	2	9&up	Wednesday	5:00-5:30pm

**Registration for Spring/Summer Swim Lessons will be held on April 2 at 9 am at the Roche Center**

**Session 3 begins the week of May 16, 2011**

Code	Session	Ages	Day	Time
ISL5	3	9&up	Monday	5:00-5:30pm
ISL6	3	9&up	Wednesday	5:00-5:30pm

**Session 4 begins the week of July 5, 2011**

Code	Session	Ages	Day	Time
ISL7	4	9&up	Monday	5:00-5:30pm
ISL8	4	9&up	Wednesday	5:00-5:30pm

Instructor will determine appropriate level for your child. Parents must wait in lobby during lessons.

# SMALL WONDERS EARLY CHILDHOOD PROGRAM

## Small Wonders Peek Week

Visit the Small Wonders classroom during the week of January 10 - 14 to see our wonderful program. Come any day that week between 9 am - 10 am to see our nurturing staff and program activities. New for Fall 2011- new computers and playground equipment. For more information contact Ellen Levine at 617-635-3479.

## Small Wonders Early Childhood Program Ages 2.9 - 4 yrs.

At Small Wonders our experienced Early Childhood educators strive to create an environment in which your child may thrive physically, developmentally and socially. We offer 3 and 4 year old programs.

### **Lottery Registration: Wednesday, January 19, 2011**

Registration will be done by a lottery selection. To obtain a number you must register between 6 pm and 6:30 pm at the Roche Center on January 19th. The lottery will take place at 6:30 pm. You must be present at the time of the lottery to obtain a slot. One non-refundable/transferable payment is due upon selection to secure slot for the 2011-2012 school year.

Program	Days	Time	Fee
3 year old	Tuesday/Thursday	8:45 am - 11:15 am	3 payments of \$400
3 year old	Tuesday/Thursday	12:15 pm - 2:45 pm	3 payments of \$400
4 year old	Mon/Wed/Fri	8:30 am - 12:30 pm	3 payments of \$625

Child must be 2.9 years of age by September 1, 2011 to register for the 3 year old program. Parent must bring birth certificate at time of registration.

# WRCC SUMMER CAMP PROGRAMS

Registration for the WRCC summer camps will take place on Saturday, April 2nd at 9:00 am. Non-refundable payment must be paid at time of registration for all weeks registered for. **This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.**

## Summer Fun Camp at Roche Center

**Ages 3-5 years**

Camp begins July 11<sup>th</sup> and ends on August 19<sup>th</sup>  
Monday through Friday 8:30 am – 1:00 pm

Fee: \$150 per week per child

Breakfast and lunch provided. Must be 3 years old by July 5, 2011

Program Code	Week of	Tuition*
SF1	Week of July 11	\$150
SF2	Week of July 18	\$150
SF3	Week of July 25	\$150
SF4	Week of August 1	\$150
SF5	Week of August 8	\$150
SF6	Week of August 15	\$150

## Camp WRCC at WREC

**Ages 6 - 11 yrs.**

Camp begins the week of July 11<sup>th</sup> and ends on August 19<sup>th</sup>  
Monday through Friday 8:30 am – 3:00 pm

Fee: \$175 per week per child

Breakfast and lunch provided

Must be 6 years old by July 5, 2011

Program Code	Week of	Tuition*
CWRCC1	Week of July 11	\$175
CWRCC2	Week of July 18	\$175
CWRCC3	Week of July 25	\$175
CWRCC4	Week of August 1	\$175
CWRCC5	Week of August 8	\$175
CWRCC6	Week of August 15	\$175

## T.C.O.C. Summer Clinic

**Ages 12-15 yrs**

Join your friends for this exciting program geared to the adolescent. Program will be field trip based. We will travel throughout the city and beyond. Two-week sessions begin July 11th. Monday – Friday 9 am to 3 pm\*. \*Some trips end later in the day.

Program Code	Week of	Tuition*
CLC1	Two week session to begin July 11	\$250
CLC2	Two week session to begin July 25	\$250
CLC3	Two week session to begin August 8	\$250

\*Summer Camp tuition prices are subject to change prior to registration





1716 Centre Street  
West Roxbury  
MA 02132

GD68131

NONPROFIT  
U.S. POSTAGE  
PAID  
globe**direct**

9 Latti Farm Rd.  
Millbury, MA 01527